

Name _____

Chapter 2 - Cardio



Whole-wheat Muffins

Ingredients

- 3/4 cup low- or no-fat milk
- 1 egg
- 2 cups whole-wheat pastry flour
- 1/2 cup canola oil
- 1/2 cup fat-free sour cream
- 3 Tbsp white sugar
- 2 Tbsp brown sugar
- 1 Tbsp baking powder
- 1/4 tsp salt
- 1/4 tsp cinammon
- 1/4 tsp ginger
- 1/4 tsp nutmeg

Preheat oven to 350.
Mix all ingredients in a big bowl.
Prepare mini-muffin pans by spraying with non-fat non-stick spray.

Fill each almost to the top.
Bake for 12 minutes or until slightly brown.

Makes 24.

Healthy-kid serving size: 1 for school snack. 2 for before- or after- lots of exercise.

Did your family like these muffins?
